

## ***NIGHTGUARD OR BRUXING APPLIANCE***

*We have done our best to provide you with the finest quality appliance. Your continuing care and follow up can assure long term success.*

### ***Instructions***

- Wear your appliance nightly or daily as directed.
- Your appliance should have a snug fit.
- Discontinue using your appliance and see your dentist for adjustment or repair if:
  - ❖ You can remove the appliance without using your hands
  - ❖ If you sense movement when it is in your mouth
  - ❖ If your appliance chips or cracks
  - ❖ If you see any unusual wear in the device such as a sharp edge, sharp point, or a groove that wasn't there when you received the appliance
- Never attempt to wear the appliance while eating or drinking
- Never insert or remove the appliance while lying on your back.

### ***Cleaning and Storage***

Most appliances are non-porous, so they will generally not absorb stains and odors. To clean the device, you may simply run under warm water (no toothpaste) each time you remove it. You may also ask your dentist about other available cleaners.

- Do not use alcohol or alcohol-based products for soaking or cleaning. (Many mouthwashes contain alcohol, so please read the label carefully)
- Never boil it
- Use the case provided to store your new splint, wet or dry.

*Please contact our office with any questions about your appliance. Please bring it along to your dental cleaning appointments so it can be examined & cleaned.*